

Subject: Fwd: Wellness Weekly: Bike to Work Day in Downtown, Freshest Cargo, Zumba Thursdays & more
From: "Miranda Paster" <miranda.paster@lacity.org>
Date: 5/10/17, 8:34 AM
To: lessisters@lycos.com; Ellen Endo; Russell, Mike; wilmingtonchamber; Joanne Kumamoto; s ch

fyi

----- Forwarded message -----

From: **Richmond Main Street** <admin@richmondmainstreet.org>

Date: Wed, May 10, 2017 at 8:32 AM

Subject: Wellness Weekly: Bike to Work Day in Downtown, Freshest Cargo, Zumba Thursdays & more

To: miranda.paster@lacity.org

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Wellness Weekly

2017

May 10,

Regular health & wellness updates delivered straight to your inbox!

Creating, increasing access to healthy food, exercise activities & wellness resources.

Freshest Cargo Mobile Farmers' Market ~ Wednesdays



When: Wednesdays, 4pm - 5:30pm

Location: Marina Way & Macdonald Avenue

**Fresh Produce from Local California Farms * Low Prices
CalFresh/EBT Welcome * Market Match**

Check out what's On the Truck this Week!

[LEARN MORE](#)

Bike to Work Day ~ Thursday, May 11



Check out these fun Bike to Work Day activities taking place in Downtown Richmond!

IN DOWNTOWN RICHMOND:

Morning Energizer Stations

Ride to work and stop by an energizer station for **free refreshments** and a Bike to Work Day bag with all kinds of swag and goodies to make your biking experience more fun and enjoyable.

Downtown Richmond Energizer Station @ Richmond BART (6:30am-8:30am)

[See full list of all energizer stations here.](#)

Happy Hour Block Party

The festivities continue for your afternoon commute:

Swing by [Rich City Rides](#) for their first ever [Bike to Work Day Block Party!](#)



4pm - 7pm

@ 1500 Macdonald Ave, Downtown Richmond

Bike-friendly businesses, Food, Drinks, Beer, Music & Kids Activities!

[LEARN MORE](#)

Main Street Fitness ~ Thursdays

SCHEDULE UPDATE:

ZUMBA class now at a new time: 6:30pm - 7:30pm

Due to low attendance, CIZE classes have been suspended.



Certified Instructor Willa Willis-Jacobs

Thursdays
6:30-7:30pm

310 9th St.
Richmond

BBK Center for Health
& Healing

\$5-\$8

sliding scale, no one will
be turned away for lack
of funds

More Info

RichmondMainStreet.org
(510) 236-4049

Sponsored by



When: Thursdays
Time: 6:30pm-7:30pm

Location: 310 9th Street, Richmond
Certified Instructor: Willa Willis-Jacobs

Fee: \$5-\$8 *sliding scale, no one will be turned away for lack of funds*

More Information

Call (510) 236-4049 or Email admin@richmondmainstreet.org
Visit www.RichmondMainStreet.org

LEARN MORE

Main Street Fitness Classes are made available by Richmond Main Street Initiative and are supported by Kaiser Permanente Northern California Community Benefit Programs.

Save the Date ~ Celebrate Downtown 2017

Loads of fun coming Downtown this summer.

Music, Family Fun, Health & Wellness Activities & more at each event!

Save the Date

Celebrate Downtown 2017

Free Admission

Healthy Village Festival
Saturday, June 24 | 10am - 1pm
Community Green Space
Harbour Way & Macdonald Ave
Giveaways • Fitness Breaks • Health Tips
Bike Smoothies • Food • Arts & Crafts

Music on the Main
Wednesdays, July 26 & August 23
5pm - 7:30pm
Parking Lot @ Marina Way & Macdonald Ave
Music • Food • Beer • Vendors
Kids Zone • Prizes • Bike Parking

Spirit & Soul Festival
Saturday, September 16
1pm - 5pm
Macdonald Ave: Harbour Way - 13th Street
Live Music • Vendors • Youth Stage
Food • Beverage Pavilion • & More!

(510) 236-4049
RichmondMainStreet.org



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Spirit & Soul Festival
September 16
1pm - 5pm

LEARN MORE

Tuck In ~ Healthful Reads & Eats



Cucumbers
so cool, so crisp

[LEARN MORE](#)



Cucumber & Cherry Salad
cool & sweet

[GET RECIPE](#)

Stop by the [Freshest Cargo truck](#) for these ingredients and more inspiration!

Stay in Touch



www.richmondmainstreet.org

Sharing is caring

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Richmond Main Street Initiative

Revitalizing Historic Downtown Richmond

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